



Water Sommelier Certification in Italy

Rita E. R.
Palandrani



A.D.A.M.

**Associazione Degustatori
Acque Minerali**

**(Mineral Water
Tasters Association)**

**Founded in 2002
by a team of food experts, with the
support of doctors, nutritionists,
geologists, chemists**

Aim and objectives of the A.D.A.M

- Promoting the knowledge of mineral water
- Understanding the importance of mineral water in our diet plan
- Enhancing the research in the sensory interaction between water and food



A.D.A.M. certification

- January 2002:
A.D.A.M. starts offering
training courses
(1st, 2nd and 3rd level)
- Provides
educational support
- Designed a
Mineral Water list



1st level training

- What is water
- How is water born
- Water and our body
- Waters used for human consumption
- Natural mineral water

2nd level training



- Sensory analysis
- Sight physiology
- Sense of smell physiology
- Taste physiology
- Mineral salts and elements present in mineral waters
- Sense perceptions in the evaluation of mineral waters
- Packaging of mineral waters

3rd level training



- The history of water, water and wine
- Technical and structural aspects in the production of mineral waters
- Water and the adventure of taste
- Final test and evaluation



Rita
E. R.
Palandrani

* *water sommelier*

* *hado instructor*

